



Pullman Parks & Recreation

...Your Recreation Connection

October 2019

Upcoming Events:

- Nerf Rival
- Pullman Art Car Art Classes
- Cooking w/Jamie
- Babysitting Basics
- Kid's Theatre Camp
- Gymnastics
- Coed K-1st Basketball
- Learn to Skate
- Spooky Splash
- Green Bluff festival
- UI Performing Arts
- Bazaar & Turkey Dinner

Contact us!

Pullman Parks & Recreation

240, SE Dexter St., Pullman, WA 99163

Phone: 509-338-3227

Rainout Line: 509-334-3131

Email: recreation@pullman-wa.gov

Web: www.PullmanParksandRec.com

Facebook: www.facebook.com/CityOfPullman/

Twitter: https://twitter.com/City_of_Pullman

Welcome October!

Here comes fall with gusto and things are not slowing down at Parks & Recreation either! The fall youth sports programs are off to a fantastic start and we extend a heartfelt 'Thank You' to all the coaches and volunteers that have made it possible. As we get ready for the cooler months there are so many more activities available to help keep everyone in your household active and learning new things. There are art classes, cooking classes, fitness classes, water polo at the aquatic center, theatre camp for kids, learn to skate and learn to play hockey just to name a few. Not to mention the Senior Center trips to fall festivals in Spokane's Green Bluff and Clarkston, theatre performances, ghost tour and so much more! Watch the City of Pullman Facebook page for regular updates of all the city's events and programs, and check your email for updates from Parks & Recreation. Don't forget to check out the new improvements at Sunnyside and Kruegel Parks. There is even a Pickleball/tennis sports kit available to check out! Connect with us at (509)338-3227 for more information.



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Pickleball is a sport for all ages! Try out the new courts at Sunnyside and Kruegel Parks! We have a Sports Kit with all the gear you need to learn how to play Pickleball and/or tennis.

Need more? Call (509)338-3227



THANK YOU!

To all the coaches, parents and volunteers that have made the fall youth sports season such a great success so far!

We appreciate you!

Interested in being a youth sports coach?

Call Megan at (509)338-3227

Parks & Recreation Commission

Current Members:

Rebecca Dueben
Zachary Fredickson
Lynda Hamilton
Mick Nazerali, Chair
Rod Schwartz
Matthew Winchell
Gulsima Young

Meetings:

2nd Wednesday of each month at 6:30pm at City Hall

- ◆ Special meeting notices and cancellations posted at City Hall entrances, 325 SE Paradise St.

We are now on the City of Pullman Facebook and Twitter accounts with all Parks & Recreation information, updates, and notices. Please join us at:
www.facebook.com/CityOfPullman/
https://twitter.com/City_of_Pullman





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(See our brochure for full listing of all of our programs)

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Discovery Zone

Nerf Rival

It's time for you to step up to Nerf Rival and fire a 1" foam sphere up to 90 feet. Bring your own blasters and eye protection, we provide the ammo. Games will be played at the Pioneer Center playground/gym or we will walk to Kruegel Park. Bring a snack and a drink.

Instructor: Marlin Mangels

Pioneer Center

Ages: 12+

Fri Oct 11 6:00-8:30pm \$12/\$14

New Classes!

Art Classes with Pullman Art Car:

Baby & Me

Choices include mistletoe canvas, candy corn toes plate, or Christmas tree ornament. All supplies provided and included in fee.

Instructor: The Pullman Art Car Staff

Pioneer Center

Ages: 2 yrs and under, with parent

W Oct 12 10:00-11:00am \$25/\$27

Babysitting Basics

This course will emphasize emergency care and accident prevention. Child and infant CPR will be taught. You will need to bring a box to class as part of the homework assignment. Please bring a sack lunch.

Instructor: Judi Dunn Gray

Pioneer Center

Ages: 11+ yrs

Sa Oct 19 8:30am-2:30pm \$40/\$42

Learn to Play Hockey

There is no better way to learn to ice skate than to dress in pads and get on the ice! Palouse Youth Hockey USA certified coaches will outfit you in loaner gear, teach basic ice skating, and how to play hockey. No experience necessary. Will outfit gear on Oct 21 at 4:30pm at 1021 Harold St, Moscow, ID.

Ages: 4-10 yrs

Oct 21-30

MW 5:15-6:15pm \$45/\$47

PSD Conference Week:

PCT's Kids Theatre Camp

Join PCT (Pullman Civic Theatre) for, a week of half-day, theater camp, to help build kids' basic acting skills. A short performance of reader's theater on Friday from 4:00-4:30pm. Please bring a lunch and water bottle each day.

Instructor: Penny Gonzales

Nye Street Theater, 1220 NW Nye St

Ages: 9-13 yrs

Oct 30-Nov 1

W 1:00-4:00pm

Th-F 9:00am-4:00pm \$75/\$77

All About the Elements

Science discovery at its best! Join us for an exciting exploration of science through a series of hands-on projects. Halloween will be celebrated with slimy, spooky, and exploding experiments!

Instructor: Jamie Gaber

Pioneer Center

Ages: 7-14 yrs

Oct 30-Nov 1

W 12:30-3:00pm

Th-F 11:00am-3:00pm \$79/\$81

Tumbling & Trampoline

A beginning class that introduces basic tumbling; rolls, handstands and cartwheels. Students will also work on our two full sized trampolines and 40ft Tumble Trak.

Ages: 2nd-5th gr

Palouse Empire Gymnastics

810 North Almon, Moscow, ID

Sa Oct 5-26 11:00am-12:00pm \$70/\$72

Pre-Gym

An introduction to the world of movement through the use of gymnastics apparatus without assistance from a parent. Basic tumbling and skills on vaulting, bars, beam, and Tumble Trak are introduced.

Ages: 3-4 yrs, no parent

212 Rodeo Dr, Ste 510, Moscow, ID

Oct 5-26

Sa 11:30am-12:00pm \$45/\$47

Jr Girls Gymnastics

This introductory class is for students who are new to the sport of gymnastics. Beginning gymnastics including rolls, handstands, and cartwheels.

Ages: K-1st gr

212 Rodeo Dr, Ste 510, Moscow, ID

Oct 5-26

Sa 12:00-12:45pm \$60/\$62





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Youth Sports

Coed K-1st Basketball

The basics of dribbling, shooting, lay-ins, and offensive and defensive skills will be covered. Players from all elementary schools will have practices and games during the week. No Saturday games. Sunnyside Elementary Gym

Kindergarten

Oct 29-Dec 12

TuTh 4:30-5:30pm \$35/\$37

1st grade

Oct 29-Dec 12

TuTh 5:30-6:30pm \$35/\$37

No practice/games: Oct 31, Nov 26, 28

Start Smart Sports Program

This is an instructional program that prepares children for the world of organized sports, without the threat of competition or the fear of getting hurt. Parents work one-on-one with their children in a supportive environment, to learn the basic skills. Parent/guardian participation required.

Sunnyside Elementary Gym

Ages: 3-5 yrs

Oct 29-Dec 10

Tu 6:45-7:30pm \$25/\$27

No class: Nov 26

New! Baking With Local Grains

Come learn about inland northwest grains and the farmers who grow them. This class will teach how to successfully incorporate local grains into your kitchen and daily menu items. Fun connection to your neighbors and community.

Instructor: Laurel Catena

Pioneer Center

Registration Required.

Ages: 14+ yrs

Tu Oct 22 6:30-8:00pm Free

Register for 2020

Boys & Girls Youth Basketball TODAY!

Call (509)338-3227 or visit

www.pullmanparksandrec.com

General Recreation

Pediatric First Aid/CPR/AED

This class is specifically for those needing certification in Pediatric CPR First Aid for childcare centers and staff. Participants will receive a Pediatric American Heart Association certification good for two years, which meets requirements for Idaho and Washington childcare providers.

Instructor: Judi Dunn-Gray

Pioneer Center

Tu Oct 8 5:30-9:00pm \$58/\$60

New!

Pullman Art Car: Adult Art Series

Learn how to create a variety of different projects from wooden farmhouse signs, wall hangings, and center pieces to enjoy for years to come! All supplies provided and included in fee.

Instructor: The Pullman Art Car Staff
Pioneer Center

"I Smell Children" Pallet Sign

Hocus Pocus inspired porch sign

Tu Oct 8 6:00-7:30pm \$35/\$37

Farmhouse Centerpiece

Set of 3 mason jars

Tu Oct 15 6:00-7:30pm \$35/\$37

Felt Floral Wall Hanging

Tu Oct 22 6:00-7:30pm \$35/\$37

Christmas Countdown Sign

Tu Oct 29 6:00-7:30pm \$35/\$37

Paint Your Pet

Send in three of your favorite pictures of your pet and our instructors will sketch them onto a canvas for you to paint. Tailored instructions will be provided during class. Send pictures to ktb676@thepullmanartcar.com.

Ages: 13+ yrs

Sa Oct 19 9:00am-12:00pm \$55/\$57



Fitness

Pullman Aquatic & Fitness Center

- Wibit Time Oct 4 6:00-8:00pm
- Tube Time Oct 11 12:00-3:00pm
- Swim Lessons Oct 21 various times
- Home School Swim Oct 7 12:00-12:45pm
- Water Polo Oct 3-24th
- Palouse USA Swim Team Oct 28
- Group Personal Training Oct 2-23
- Evening Circuit Training Oct 7-28



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Active Adults

UI Performing Arts Productions

Venture to the University of Idaho to catch local talent. We will have lunch prior to the afternoon performances. Home pick-up to begin 1-hr prior to departure. Fee includes: admission, escort, and transportation. Meal cost not included.

Moscow, ID

Drowning Ophelia

Sa Oct 5 11:00am-6:00pm \$22/\$24

Fall Harvest Festival at Green Bluff

A pumpkin patch and apple cider will put you in the fall spirit, so join us on this annual trip to Spokane's Green Bluff. Home pick-up to begin 1-hr prior to departure. Fee includes: escort and transportation. Meal cost is not included. Register by: Oct 1

Spokane, WA

W Oct 9 9:00am-5:00pm \$15/\$17

WSU Volleyball Matches

Two nights have been set aside with special seats for us. We will go to dinner prior to match. Home pick-up to begin 1-hr prior to departure. Fee includes: admission, escort, and transportation. Meals and beverages not included.

WSU, Bohler Gym, Pullman

F October 11 3:30-10:00pm \$10/\$12

F October 18 3:30-10:00pm \$10/\$12

New! Thursday Evening Crafting

The items you make are for you to take home, give as a gift, use for your holiday decorating, or even donate to the Holiday Bazaar. These classes are limited to 12, so register early. Contact Monica at 509-338-3307 for supply list and cost.

Home pick-up to begin 1-hr prior to departure. Fee includes: transportation.

Pullman Senior Center

Holiday Cards & Gift Tags

Th Oct 24 5:00-8:00pm Various

New!

Wilson Banner Ranch Fall Festival

Attend a family-friendly event in the Clarkston area, at this local artisan fair and pumpkin patch. Bring a recyclable bag for your pumpkins purchase. Home pick up to begin 1-hr prior to departure. Fee includes: escort and transportation. Meal, and extras not included. Register by: October 1.

Clarkston, WA

Sa Oct 19 10:00am-5:00pm \$15/\$17

New! Holy Family Catholic Church:

Bazaar & Turkey Dinner

Travel with us to Clarkston for Holy Family Catholic Church's annual bazaar and dinner. Enjoy the many crafts, drawings, and a homemade turkey dinner with all the trimmings. Home pick-up to begin 1-hr prior to departure. Fee includes: escort and transportation. Meal and bazaar items are not included.

Clarkston, WA

Su Oct 27 11:00am-4:00pm \$15/\$17

Ghostly Tour Historic Downtown

Lewiston

Come tour historic downtown Lewiston on this spooky adventure. We will have dinner at a Lewiston eatery prior to the tour. Home pick-up to begin 1-hr prior to departure. Fee includes: tour, escort, and transportation. Meal cost not included.

Lewiston, ID

W Oct 23 3:30-10:00pm \$32/\$34





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Spooky Splash



Friday, Oct 25
6:00-9:00pm
Pullman Aquatic & Fitness Center
\$3.75 members
\$5.00 non-members

No Free Passes Accepted

Parks & Recreation

October 2019

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1 PAC: Painted Pumpkin	2 PAFC: Group Personal Training Bunco	3 PAFC: Water Polo Lunch & Movie	4 PAFC: Wibit Time	5 GymKids: Pre-Gym Jr. Girls PEG: Tumbling UI: Drowning Ophelia
6	7 Home School Swim PAFC: Evening Circuit	8 Pediatric First Aid/ CPR PAC: Pallet Sign	9 Green Bluff Trip	10 How to Invest	11 Nerf Rival Cooking w/Jamie PAFC: Tube Time WSU Volleyball match	12 PAC: Baby & Me
13	14	15 PAC: Farmhouse centerpiece Tai Chi I SEL Lab Tour	16 Cooking w/Jamie	17 PAC: Toddler & Me Coloring Club Breakfast Club	18 WSU Volleyball match	19 Babysitting Basics Wilson Banner Ranch
20	21 Learn to Play Hockey Step & Sculpt	22 PAC: Felt floral Baking w/local grains COA Meal visit TED Talk	23 Lewiston Ghost Tour Social Support Group	24 Thurs. Evening Crafting	25 Spooky Splash 	26 Learn to Skate Miss Saigon
27 Holy Family Bazaar	28 Palouse USA Swim Team	29 Coed K-1st Basketball Smart Start Sports PAC: Christmas countdown Totally Tuesday: Retail	30 Kid's Theatre Camp PSD Conf Wk: Elements	31 Spookactular Potluck 		

Discovery Zone

Dance/Youth Sports/Martial Arts

General Recreation

Fitness & Wellness/Adult Sports

PAFC Programs

Senior Center

General Programs/Events